



# Nonya Tomato Fish

## Ingredients

- 300g of fish fillet
- 2 big tomatoes, cut into quarters
- 1 tsp of garlic, minced
- 1 tsp of ginger, minced
- 2 tbsp of oil\*

### Seasoning:

- 3 tbsp of tomato ketchup\*
- 1 tbsp of brown sugar
- 150ml of lime juice or lemon juice, freshly squeezed
- 100ml of water
- 1 tbsp of corn flour

### Marinade:

- 1 tbsp of light soy sauce\*
- A dash of pepper
- 1 tbsp of corn flour

### Garnish:

- 1 tsp of chopped coriander

## Method

- Marinate the fish fillet and set aside.
- Heat 1 tbsp of oil in a pot and sauté the garlic and ginger. Add tomatoes and seasoning. Simmer until the tomatoes soften and the sauce thickens.
- While the sauce thickens, heat the remaining 1 tbsp oil in a separate wok and pan-fry the fish until golden brown on both sides. Add the fish to the sauce.
- Garnish with a sprinkle of chopped coriander and serve immediately.

### Tip:

- Fish is a good source of polyunsaturated fat which can lower the risk of heart disease by reducing cholesterol levels in the blood.



\*Choose products with the Healthier Choice Symbol.